



Crossroads Youth Program

A Residential Program of the Fairfax-Falls Church Community Services Board

"(The program) gave me a better relationship with my parents."

"I have learned from my mistakes and am motivated to stay clean."

– Program Participant

**Call Crossroads Youth at
703-313-6300
TTY 711**

Crossroads Youth is an 15-bed modified therapeutic community home for boys ages 15 through 18 who have significant chemical dependency and co-occurring mental health problems. These complex issues are often associated with legal involvement and a history of school failure. The magnitude of these concerns is such that they are often best addressed in a highly structured residential setting with 24-hour supports, until the boys can successfully reconnect with their families and community.

Located in Fairfax County, Crossroads Youth is the only adolescent program in our community that serves boys with this high level of acuity. The program serves 20 to 30 boys each year, and the typical length of stay ranges from 90 days to 6 months. Crossroads Youth has a school on site, operated by Fairfax County Public Schools (FCPS). Boys in this program typically transfer to other community-based alternative schools or return to their base school at the completion of our programming. Many youth within our program are court involved. Crossroads Youth staff routinely work with probation officers to assist the youth in successfully meeting their probationary requirements.

All program residents receive both group and individual counseling and are involved in the development of their individualized treatment plan. Groups offered include psychoeducation, Juvenile Moral Reconciliation Therapy (J-MRT), anger management conflict resolution, individual family sessions, and a weekly multi-family group. The emphasis is on raising the level of independent functioning so that participants can transition successfully to a less restrictive, more normalized setting.

The boys at Crossroads Youth are viewed as capable of maturing, healing and developing a personal recovery plan to cope more effectively with life's difficulties. Youth receive real time therapeutic assistance when experiencing stressors, negative emotions, relapse triggers and life events. This real time therapeutic intervention and ongoing practice supports skill integration, family reunification, and long-term community success.

Licensed and professional staff provides individualized treatment that includes:

- Assessment and diagnosis
- One-on-one counseling
- Group counseling
- 12-Step meeting integration
- Real time therapeutic supports 24 hours per day
- Family therapy
- Case management
- Moral Reconciliation Therapy
- On-site psychiatric assessment and treatment
- Medication monitoring
- Peer support and social skills training
- Emotional regulation training
- Crisis prevention/intervention
- Recreation and leisure activities
- Mental health recovery support

*Crossroads Youth is accredited by CARF,
the Commission on Accreditation of Rehabilitation Facilities.*

